

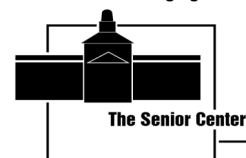
# COMING OF Age...

Your Center for Connection

Published Monthly Issue #5 Volume V

City of Newton  
Department of Senior Services

Newton Council on Aging



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ [www.newtonseniors.org](http://www.newtonseniors.org)



## may 2012

### Strategic Planning

At the age of 19 years it is time to take a long, hard look at oneself and ask some important questions. We ask who am I? What do I want to do in the future? How shall I plan for my future?

Organizations go through similar “growing pains” and ask similar questions. This March, a group of interested citizens, staff and others gathered to strategize about the future of senior services in the City of Newton. With the wonderful help of two consultants provided by SOAR55 (Service Opportunities After Reaching 55 ) we examined who the Department of Senior Services is now, who the department serves and how it serves them. Additionally we looked at what our goals for the future are.

The result was a clearly worded vision, a new and improved *mission statement* and *tangible goals* for the Department. These led to a clearer understanding of the components of the Department of Senior Services: The Council on Aging (COA), the Newton Senior Center, The Newton Senior Social Work Team, The Aging in the Community Projects.

The next step is to fine tune the work of this group by showing it to others invested in the work of the department for their input (validation). Then action plans, to begin working toward the goals, will be formulated.

**Upon completion of validation** further information will appear in this newsletter that will make public the vision, mission statement and goals of strategic planning.

**A BIG Thank You** to those who gave of their time, energy and expertise to make this process a worthy one.

Check out our  
**NEW & Improved Website at**  
[www.newtonseniors.org](http://www.newtonseniors.org)

### Life's Transitions: Future Focus “Where Do I Go from Here?”

Presented by the Newton Free Library in  
co-sponsorship with the  
Newton Department of Senior Services

~~~~~  
Programs held at Druker Auditorium,  
Newton Free Library... 7:00PM

- **May 10 -Part 2: *How should I live?***  
Information about local resources, support services and public benefits.
- **June 14- Part 3:**  
***How can I enhance and enrich my life?***  
Information about enriching, recreational, nutritional and social opportunities and transportation.

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**\*Seniors, family members and friends are  
invited to attend these informational talks.**

*Yellow Senior Services Transportation Vouchers  
VALID for transport to these programs.*

### Nobleonians SING!

**Tuesday, May 1 at 12:00 noon**

Enjoy this wonderful *acappella group* from the Nobles & Greenough School. As they sing to you, as you dine!

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# THE NEWTON SENIOR CENTER

Phone 617-796-1660.....FAX 617-969-9560

Web Site Address – [www.newtonseniors.org](http://www.newtonseniors.org)

Center Hours: 8:30-4:00 Monday-Friday



## Staff

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Ken Doucette.....	Custodian, PM	

**NOTE:** All Newton households with a resident over the age of 60 receive complimentary copies of the Coming of Age newsletter, quarterly. *Copies of the Coming of Age may be picked up, at no charge, at the Newton Senior Center, Newton City Hall and the Newton Free Library and at many housing complexes around the city.*

*The newsletter may also be accessed on the WEB... Go to [www.newtonseniors.org](http://www.newtonseniors.org)*

**To receive notice of the newsletter by e-mail... please register your e-mail address on the website above.**

**The newsletter is published monthly.**

**To subscribe to the “Coming of Age” newsletter and receive a paper copy monthly, please send your \$10 to:**  
the Newton Senior Center 345 Walnut St., Newtonville, MA 02460.

## Worthy of Note

### ALDERMEN VISITS

- Ald. Stephen Linsky- Friday, May 4, 8:30am.
- Ald. Vicki Danberg–  
Wednesday, May 16, 9:00am.

### The Food Pantry Needs You!

Please bring unopened, non- perishable, unexpired food items to the Newton Senior Center during hours of operation, Monday through Friday, 8:30-4pm. Delivery is made to the Newton Food Pantry weekly.

***The Newton Food Pantry thanks all of those who contribute so generously.***

### Wrap Up in a NEWTON THROW

Newton Throws are available at the Newton Senior Center, in 4 colors. ...  
*All proceeds benefit programs and services for Newton Seniors through the Newton Department of Senior Services.*  
**MAKES A GREAT GIFT!**

## Time for SPRING Cleaning!

**The Senior Store ...** on the first floor of the Newton Senior Center needs your donations! We accept costume jewelry, knick-knacks, hand-crafted items, giftware, yarn, etc. ***We do not*** accept clothing, appliances, or large pieces of furniture. Just deliver your treasures to the center and we will help find them a proper home! All proceeds from sales at the Senior Store benefit the programs and services of the Department of Senior Services.

### Have you swiped your card today?

**Each time you visit the Newton Senior Center we ask that you swipe your card or touch “missing ID badge” on our touch screen. Please let us know you were here and why... be counted!**

***Your Department of Senior Services thanks you...***  
for your patience last month as repairs and clean-up were conducted at the Newton Senior Center. Part of the clean-up included donating all of our books to the Newton Free Library. Feel free to bring your “gently used” books to the center to help refill our shelves.

# Getting Around

## Newton Department of Senior Services

### "Senior Transportation Services"

*For \*Newton Residents 60 years and older*

*(These services may be changed or modified at any time.)*

- **Medical Transportation** - in Newton to medical appointments and "*specific destinations*" beyond. (Monday-Friday 8-5)  
65 Walnut St., Wellesley  
1 Washington St., Wellesley  
173 Worcester Rd., Wellesley  
195 Worcester Rd., Wellesley  
230 Worcester Rd., Wellesley  
830 Boylston St., Chestnut Hill  
850 Boylston St., Chestnut Hill  
1244 Boylston St., Chestnut Hill  
1153 Centre St., Boston (Faulkner Hospital)  
280 Washington St., Brighton (St. Elizabeth's Hospital)
- **The Shopper's Service**- weekly marketing- Tuesday, Wednesday or Thursday between 10-2. Your choice of Newton market
- **Transportation to Long-term Care Facilities**- in Newton, 8-5., Monday-Friday. 2 visits per week.
- **Transportation to Houses of Worship**- in Newton for religious services .
- **Transportation**- to certain "Adult Day Health" locations outside of the city. **(Reserve for services listed above 3 business days ahead.)**
- **Transportation to the Newton Senior Center**- Service 5 days a week. 8am-4pm. **(Reserve by 4:00 the previous day for this service only.)**

### Vouchers are good for all of the above services

Vouchers are available at the Senior Center, or by mail. The suggested contribution for a book of **20 vouchers is \$60 or \$3 per voucher** (1 voucher used each way, 2 vouchers for a round trip). *A minimum contribution of \$1 required, per voucher.* For those unable to budget this amount (\$20 for 20 vouchers) or more, *please* request an exemption form. Acceptance of your exemption will enable you to forgo a contribution. Payment is required BEFORE vouchers will be sent through the mail.

**Make all reservations by calling  
617-796-1288**

*If you have questions about the service, please call Alice Bailey at 617-796-1664 [abailey@newtonma.gov](mailto:abailey@newtonma.gov)*

## "OTHER

### Transportation Services"

- **ITN- Independent Transportation Network of Greater Boston**- \$60 annual membership. Rides cost \$4 plus \$1.50 per mile. 24 hour a day service. For more information 1-508-309-7375.
- **Busy Bee Medical Transportation** – medical transportation to some destinations outside Newton. Suggested donation is **\$4.00 each way**, and requires 3-day advance reservations. *Call 1-800-427-0230*
- **"The RIDE"**- Call 617-222-5123 to register. *A healthcare provider's signature required for eligibility.* Rides seven days a week, Newton and surrounding areas. **\$2.00 fee each way.** *Handicapped accessible, call by 4:00p.m. the previous day for reservations, pre-registered riders only.*

\*\*\*\*\*

### MBTA Senior Transportation Passes

Those senior citizens and disabled individuals who *already* have Senior Transportation Passes (white laminated cards with their picture on them) should watch the expiration date. Order new cards by calling **617-222-5976**, one month prior to expiration. No charge. Those who *do not* have a Senior Transportation Pass and would like one, must go to a site where pictures are taken, identity checked and forms are filled out.

### Senior Citizen Parking Stickers

For a Senior Parking Sticker, *Newton residents, 65 years+, must* show license & registration, with Newton address. (Copy of the lease agreement for personal leased cars.) Stickers are good for 2-year cycle at \$6. from July 1, 2011 - June 30, 2013. Stickers are good at 1,2 and 3 hour meters in all city lots, *but never on the street!* Stickers are available at the Newton Senior Center between the hours of 8:30 and 3:30pm.

**Visit our website and see the new format for up to date information about transportation and our many other programs and services.**

***[www.newtonseniors.org](http://www.newtonseniors.org)***

# Merry May

**Low Vision Group-** The Low Vision Group sponsored by Massachusetts Association for the Blind (MAB) meets the first Monday of each month (1-3p.m.) May 7.

**Parkinson's Support Group**—The monthly meetings of the Parkinson's Support Group are held on the last Monday of each month at 10:30am. (May 21, because of Memorial Day Holiday closing.)

**BOOK REVIEW-** Maura Copeland of the Newton Free Library presents a Book Review at the Newton Senior Center on the 2nd Monday of each month 2:30-3:30. (May 14) All welcome!

**Book Club...** will meet the third Friday of each month at 10:30am (May 18) The book for May is, *"State of Wonder"* by Anne Patchett.. All welcome!

**Short Story Group** - Copies of the short story to be discussed can be picked up at our reception desk prior to group meeting. Meetings are held on the last Thursday of each month at 10:30. ( May 31)

**Painting with Tim**— Artist Tim Power presents a monthly "Painting Workshop" (10-11:00), during the *Open Art Studio Workshop* held every Wednesday from 9:30-11:30. This month, May 23. Artists are welcome to bring their work and enjoy the well-lit space.

**Wii...** *Do it sitting, do it standing... JUST do it!* **Dance on Broadway** with the chorus to show tunes. Easy steps, great upper body exercise. **Wii Bowling, Tennis, Golf, Baseball and MORE! Mondays from 9-11...**

**Quilting-**  
You may join at any time by paying Alice on the Mezzanine. Your \$20 will be used to purchase the materials needed for a pillow cover. Later projects will be priced out individually. Meetings are Mondays at 11:30.

**Dialogue with Director-**  
Jayne Colino, Department Head for the City of Newton Department of Senior Services, will speak about the department. Thursday, May 24, 10:00am.

## **Ice Cream Celebration!**

Celebrate Memorial Day with Ice Cream courtesy of Cabot's of Newton. Scooping will be done from 12:00-12:30 on Tuesday May 29. Drop-in!



## **Pre-Register/ Pre Pay Classes**

- \*Late registration—additional \$5.
- \*Classes will be canceled if not filled.
- \*Payments by cash or check at time of registration..
- \*No refunds after registration date.

### **8 WEEK Classes- \$50 each**

**Beyond Balance—**

**MONDAY, 12:45-1:45 .... June 4- July 30**  
(skip May 28, Memorial Day)

**Beyond Balance-**

**WEDNESDAY CLASS, 10:45-11:45am .....**  
May 16- July 25 (skip July 4)

**Line Dancing-**

**MONDAY, 10-11:00am ..... June 4- July 30**  
(skip May 28, Memorial Day)

**Ceramics—**

**THURSDAY, 12:30-2:00pm ..... June 7- Aug. 2**

**All make-up classes for missed days are accounted for in above dates**

**\*\*Pre-payment for May sessions due May 7**

### **COMPUTER and I-PAD Lessons**

**\$50 for 6 lessons or \$10 per lesson.**

For registration form contact Joanne 617-796-1670 or [jfisher@newtonma.gov](mailto:jfisher@newtonma.gov). You must have access to a computer or I-Pad to be eligible for our lessons. All lessons on site at the center. **Rolling registration.**

**\*\*Please PRE-REGISTER/PRE-PAY**

Alice Bailey on the mezzanine or mail to:  
**Alice Bailey -Newton Senior Center**  
**345 Walnut St, Newton, MA 02460**

### **I-Pad Workshop**

Join David O'Neill as he demonstrates the I-Pad2 and how to use it. Monday, May 21, 12:30-1:30. All welcome!

### **SPECIAL Aerobics Demonstration**

**Tuesday, May 15,**  
**Class held 9-10:00am**  
**Demonstration at 9:30**  
**MOVEMENT & MUSIC**  
**All invited to see the show!**

**See calendar-** Pages 8- 9...

for schedule of games, language & fitness classes and much more! more!

## \* *Living Well*

### Disability Indicator Form

If you or someone in your household is disabled be sure to register them with the Newton Police Department by filling out a **Disability Indicator Form**. The police will then know who may need assistance in an emergency. Forms available at the Newton Senior Center.

### File of Life

A File of Life is available to Newton Senior Citizens, upon request. It has a magnetic pocket for your refrigerator that holds your identification and medical information. Affix a sticker in the packet to your front door to alert emergency workers that valuable information can be found on your refrigerator. It is suggested that you put your photo on the pocket as well,. Also in the kit is a smaller information card and pocket to be carried on your person. Please remember to update your information yearly. New information sheets are available at the senior center upon request.

### Contractor Referral List

For a list of pre-screened contractors, please call Lynn Feinman, Aging in Place Projects Manager, at the Newton Senior Center. Find plumbers, electricians and handymen. Reach Lynn at 617-796-1675

### Senior Home Safety Check

The Newton Fire Department, Newton Police Department, Newton Rotary Club, and Newton Department of Senior Services offer a Home Safety Check program.

To arrange for a visit, call  
Lynn Feinman at the  
Newton Department of Senior Services

### THE NEWTON SENIOR TAX WORK-OFF PROGRAM

The Newton Senior Tax Work-Off Program provides **qualified** seniors (60+) a rebate of up to \$1000 against their real estate taxes, in exchange for 125 hours work in municipal departments. Contact:

Lynn Feinman at 617-796-1675 or  
lfeinman@newtonma.gov

### Volunteers Needed to Teach Computer and I-Pad Skills

The Newton Senior Center has been teaching computer skills to senior citizens for 20 years. This successful program depends on volunteers who teach individuals tutorial style. Students are beginners to those wishing to expand their computer use. We have added I-Pad skills this year in response to many requests. Lessons are held at the center during regular hours of operation, 8:30-4 Monday through Friday. Please contact Joanne at 617-796-1670 is interested.

### Senior Center Music



- Lunch-time Piano with Vic King  
Wednesdays & alternate Fridays
  - Newton Senior Center Swing Band Tuesdays 1:30  
The band will be out playing in the community on  
May 1.
  - The Newton Senior Center Chamber Music Ensemble  
Wednesdays, 9-10:30am
- Drop-in to play along or just listen!**

### Senior Water-Sewer Discount

Multiple dwelling homeowners over age 65, *may* now be eligible (though previously not eligible) for a discount. Call water/sewer billing at 617-796-1040.

## **Many Thanks for Your Generous Donations**

- In appreciation of help preparing taxes,:  
Rose Tedesco Daniel & Gladys Malia Maple Williams  
Caroline & Leonard Delicata Velta Doherty Anonymous  
Margaret James Connolly Anne Carballo Marie Walker  
Joan & Gary Goodwin Margaret & Charles Hergsveter  
Joseph Backer
- In thanks to Gisela Morales, Dot Olsen, Charlotte Fine, Ali Atri and Joanne Fisher: Barbara Christensen
- In appreciation of the Newton Senior Center,  
Joan Goodwin
- In memory of Lucy DiPalma:  
Vera, Wood Bernadette Castellanos
- In thanks to Joanne Fisher, John Wood
- In memory of Jean Glasberg, Bernadette Castellanos

~~~~~  
In appreciation of their sponsorship of our April shopping trip,  
Golden Living at Chetwynde.

In appreciation of their sponsorship of our Fitness Expo in April,  
The Village Bank.

### Newton /Brookline Consumer Office

... in Newton City Hall is available to answer your consumer questions /mediate your issues around purchases of personal goods and services. 617-796-1292.

## **Aging in Place: What's fun?**

By Marian L. Knapp

A number of people suggested that I write something about having fun. Many of my articles are about hard issues so this "fun" topic should have been a shift to something less weighty. It didn't turn out that way. I don't think I'm a downer-type person but thinking about fun was perplexing, and loaded with unexpected emotion. After many months, I figured out my two main quandaries: not knowing what fun was for me; and not understanding my reactions when someone asked me what I was doing for fun.

For the first question – what is fun? - I began in my usual way – with the dictionary. One definition says it is "enjoyment, amusement, or lighthearted pleasure." OK, there are many things that I enjoy, amuse me, and in which I take pleasure. I'm fine with these ideas. But I have a little problem with the notion of "lighthearted." When I think of lighthearted the image that pops into my head is my junior prom dress - sweet, puffy, and aqua. I really loved that dress and still have a picture of me in it. I don't remember much about the prom but I do remember having "lighthearted" feelings about the dress. That was close to sixty years ago. The dress is gone but I'm still here having accomplished a great deal since then. That lighthearted feeling may have been "fun" but it wasn't something that contributed greatly to my life over time. So, a partial answer to the meaning of fun for me is that lightheartedness is good but not as a stand-alone goal.

This sent me on a quest to figure out what fun is for me. I did this partly to convince myself that I am not an anomaly – a funless person. Also, I wanted to find a reasonable answer in response to questions about what I did for fun - one that was to the point and convincing. To do this I spent a lot of time talking to myself. No one but me knows how long and convoluted these inner discussions were.

Perhaps my idea of fun has changed over the years but I've had difficulty figuring out how. I was never a big party-person, although I loved being with people having a good time, sharing common experiences, singing, dancing, and laughing at jokes that, at least we who were in the room, thought were funny. I still do these things. What else has been fun for me? I love to travel to uncommon places. Those trips have been and will, I hope, continue to be fantastic. Going back to school was wonderful. It was hard work but I loved it (except statistics). We all agonized over the drudgery but had tremendous fun during our summer-session, Hawaiian-inspired, grass-skirted parties. I had a lot of fun with my kids when they were growing up (and still do), and now with my grandkids. I love going to theater, movies, opera, museums, or dinner with friends, but also like doing these things by myself. Right now a lot of my fun revolves around writing. It's great when

people tell me my articles hit home for them – it is enormously gratifying.

The other part of this "fun" thing is my reaction when asked what I do for fun. I feel guilty and oddly defensive like I am supposed to be doing something more or better than what I already am. The question implies that there is some kind of lack in my life. I immediately begin to search my brain for an answer but I get stuck right off the bat feeling bad and guilty. I don't have a good response. This is probably because I hadn't, up until now, defined what "fun" meant for me. I have a better idea now.

My conclusion is that the abstract notion of fun doesn't have a lot of meaning. For me, fun must be embedded in a context of learning, communicating, contributing, or creating – my regular life. It is being with people I care about - sharing laughter, and, when necessary, sadness. It is being challenged. It is about seeing something work when it wasn't working before. This is my fun and it works for me. Sometimes there is even lightheartedness – as in tropical island-themed revelries.

So, I have explained it to myself but what do I say to others without getting defensive. I guess the simplest thing to say is "I am having fun with everything that I am doing". They may not understand but I do, and that is really what matters most.

*Marian L. Knapp, is a 40-year Newton resident and caregiver of many elders, received her Ph.D. at age 70 after completing her dissertation on "Aging in Place in Suburbia". She is the Chair of the Newton Council on Aging, a committee appointed by the mayor and Board of Aldermen. Visit her blog at <http://voicesofaging.com>.*

## **Newton's Memorial Day Parade**



**Sun May 20th 1pm @ Wash. St. & Adams**

Newton's Memorial Day Parade is held one week before the holiday to accommodate as many participants as possible.

This year we would like to include groups representing Seniors, Walkers, Bikes and Users of Personalized Motorized Vehicles and *other groups* in order to raise awareness of the importance of these groups in the City.

Please consider how you and your group might like to participate in the parade, and consider this your official invitation to participation in this year's Memorial Day Parade. Contact Victoria Danberg if you need a flatbed or other assistance.

[vdanberg@gmail.com](mailto:vdanberg@gmail.com) > Alderman at-Large, Ward 6

.....Tel. 617.969.1756

*"Health Information Needs of Elders"*  
**SHINE**

...is administered by the  
 Mass. Executive Office of Elder Affairs with  
 Councils on Aging,  
 Aging Services Access Points and  
 other local agencies.

### Need help with prescription drug costs?

#### Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$33,510 for a single person and \$45,390 for a married couple. *(There is no asset limit!)*

#### Who can join?

If you are a Massachusetts resident, eligible for Medicare, and are:

- 65 years or older with an annual income at or less than \$55,850 for a single person or \$75,650 for a married couple
- under 65 years and disabled, with an annual income at or less than \$21,000 for a single person or \$28,444 for a married couple.

If you are **not** eligible for Medicare, you can also join and there is *no income limit*.

#### How can Prescription Advantage help you?

- If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare Part D coverage gap (donut hole).
- If you are unhappy with your current Part D or Medicare Advantage plan, Prescription Advantage allows you to switch your plan **now**, instead of waiting for Open Enrollment in October.
- If you are NOT currently enrolled but you need a Part D or Medicare Advantage plan **now**, joining Prescription Advantage allows you to enroll right away.

\*Call Prescription Advantage today for an application form.

1-800-AGE-INFO (1-800-243-4636), then press or say 2.

You can make a **SHINE appointment** at the Newton Senior Center or call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A SHINE Counselor will call you back as soon as possible.

**Please bring all pertinent information to your appointment:**

Medicare card, current insurance coverage information, list of medications, frequency of dosage, dosage size, etc.

## Healthy Tid-Bits

From the City of Newton  
 Department of Health & Human Services



### Get the "Skinny" on Skin Cancer

Skin cancer, cancer involving one or more layers of the skin, is the most common form of cancer in the United States, according to the Centers for Disease Control and Prevention (CDC).

Most skin cancers are caused by ultraviolet light exposure from sun burning and tanning.

The two most common types of skin cancer—basal cell and squamous cell carcinomas—are generally superficial and spread only locally. They are both highly curable. Melanoma, the third most common skin cancer, is usually deeper in the skin, often spreads widely in the body and is more dangerous.

Often the first sign of melanoma is a change in the shape, color, size, or feel of an existing mole. Melanoma may also appear as a new mole. Thinking of "ABCDE" can help you to know when to consult your doctor about a skin lesion:

**Asymmetry:** The shape of one half does not match the other half.

**Border that is irregular:** The edges are often ragged, notched, or blurred in outline. The pigment may spread into the surrounding skin.

**Color that is uneven:** Shades of black, brown, and tan may be present. Areas of white, gray, red, pink, or blue may also be seen.

**Diameter:** There is a change in size, usually an increase. Melanomas can be tiny, but most are larger than the size of a pea (larger than 6 millimeters or about 1/4 inch).

**Evolving:** The mole has changed over the past few weeks or months.

Melanomas can vary greatly in how they look, and may have only one or two of the ABCDE signs. If you are concerned about a mole or other skin growth, it is important to consult a physician. Early diagnosis is key for all types of skin cancer.

To prevent melanoma and other types of skin cancer, it is important to seek shade, use sunscreen and wear a hat and other weather appropriate protective clothing when outdoors.

### Senior Center Health Maintenance Clinics

Wednesdays & Fridays... 9 a.m. to 12 noon

Get your blood pressure checked, ask medication questions and consult with the public health nurse.

Monday

Tuesday

Wednesday

Thursday

Friday

MAY 2012

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| <p>8:45-9:45..... Tai Chi</p> <p>9..... Pool Cues</p> <p>9-11..... Wii Drop-in</p> <p>9:00 ..... Beginner Spanish</p> <p>10..... Knitting Circle</p> <p>10..... Line Dance (pre-reg)</p> <p>11:30-12:30..... Quilting</p> <p>11:45 ..... Lunch - Spaghetti/Meatballs... BBQ Breaded Chicken Breast</p> <p>12:45..... Beyond Balance (pre-reg)</p> <p>1..... Monday Games</p> <p>1..... <b>Low Vision Support Group</b></p> <p>1..... New sTalk</p> <p>2..... Yoga (chairs)</p>          | <p>9-10..... Aerobics</p> <p>9-10..... Intermediate Spanish</p> <p>9:30-11..... Pool Lessons</p> <p>9:30-10:30-..... Bridge Lesson</p> <p>10:30-11:30 ..... Intermediate Spanish II</p> <p>10:30..... Muscle Conditioning</p> <p>11:45..... Lunch</p> <p>Roast Pork... Tuna Salad</p> <p><b>Noblemanians Sing!</b></p> <p>1..... Bingo</p> <p>1:30.....Swing Band (canceled)</p>                              | <p>1</p>  | <p>9-10:30..... Chamber Music Ensemble</p> <p>9-12..... Health Clinic</p> <p>9-12:30..... Pool Cues</p> <p>9:30 ..... Fine Art Studio Workshop</p> <p>11:45..... Lunch- American Chop Suey... Egg Salad</p> <p><b>Vic King- piano</b></p> <p>10:45-11:45 .....Beyond Balance (pre-reg)</p> <p><b>Shirley MacLaine Film Month</b></p> <p>1.....Movie- "In Her Shoes"</p> <p>1.....Duplicate Bridge</p> <p>2:30-3:30..... Matter of Balance (pre-reg)</p> | <p>2</p>  | <p>10..... Current Events</p> <p>10:30..... Mandarin Conversation Group</p> <p>11-11:45..... Tong Ren</p> <p>11:45-12:45..... Tai-Chi</p> <p>11:45 ..... Lunch - Turkey Dinner... Cottage Cheese Plate</p> <p>12:30..... Ceramics (pre-reg)</p> <p>1..... Yoga (chairs)</p> <p>1..... Thursday Games</p> <p>1:30..... French Salon</p> <p>2..... Yoga (mats)</p>                                                            | <p>3</p>  | <p>8:30.... <b>Alderman Linsky sees citizens</b></p> <p>9-12..... Health Clinic</p> <p>9-10..... Aerobics</p> <p>9-10:30 ..... Networking Group- 6 Degrees</p> <p>9-12:30..... Pool Cues</p> <p>10..... Beginner German</p> <p>10:30..... Muscle Conditioning</p> <p>11:45..... Lunch</p> <p>Salmon Boat... Roast Beef/Cheese</p> <p><b>Vic King -Piano</b></p> <p>12.....Chess Nuts</p> <p>1.....Rummy Q</p> <p>1.....Poker</p> <p>1.....Bingo</p> <p>1.....foreign film.. " <b>Bride Flight</b>"</p> | <p>4</p>  |
| <p>7</p> <p>8:45-9:45..... Tai Chi</p> <p>9..... Pool Cues</p> <p>9-11..... Wii Drop-in</p> <p>9:00 ..... Beginner Spanish</p> <p>10..... Knitting Circle</p> <p>10..... Line Dance (pre-reg)</p> <p>11:30-12:30..... Quilting</p> <p>11:45 ..... Lunch - Spaghetti/Meatballs... BBQ Breaded Chicken Breast</p> <p>12:45..... Beyond Balance (pre-reg)</p> <p>1..... Monday Games</p> <p>1..... <b>Low Vision Support Group</b></p> <p>1..... New sTalk</p> <p>2..... Yoga (chairs)</p> | <p>8</p> <p>9-10..... Aerobics</p> <p>9-10..... Intermediate Spanish</p> <p>9:30-11..... Pool Lessons</p> <p>9:30-10:30-..... Bridge Lesson</p> <p>10:30-11:30 ..... Intermediate Spanish II</p> <p>10:30..... Muscle Conditioning</p> <p>11:45..... Lunch</p> <p>Baked Fish... Turkey/Cheese</p> <p>1..... Bingo</p> <p>1-3:30 <b>Video/discussion group</b></p> <p>1:30.....Swing Band</p>                  | <p>8</p>  | <p>9-10:30..... Chamber Music Ensemble</p> <p>9-12..... Health Clinic</p> <p>9-12:30..... Pool Cues</p> <p>9:30 ..... Fine Art Studio Workshop</p> <p>11:45..... Lunch- Chicken Divan... Tuna Salad</p> <p><b>Vic King- piano</b></p> <p>1.....Movie- "These Old Broads"</p> <p>1.....Duplicate Bridge</p> <p>2:30-3:30..... Matter of Balance (pre-reg)</p>                                                                                            | <p>9</p>  | <p>10..... Current Events</p> <p>10:30..... Mandarin Conversation Group</p> <p>11-11:45..... Tong Ren</p> <p>11:45-12:45..... Tai-Chi</p> <p>11:45 ..... Lunch - <b>Mother's Day SPECIAL</b> Cheese Omelet Lunch</p> <p>12:30..... Ceramics (pre-reg)</p> <p>1..... Yoga (chairs)</p> <p>1..... Thursday Games</p> <p>1:30..... French Salon</p> <p>2..... Yoga (mats)</p> <p><b>7:00pm Library Programs (see pg 1)</b></p> | <p>10</p> | <p>9-12..... Health Clinic</p> <p>9-10..... Aerobics</p> <p>9-10:30 ..... Networking Group- 6 Degrees</p> <p>9-12:30..... Pool Cues</p> <p>10..... Beginner German</p> <p>10:30..... Muscle Conditioning</p> <p>11:45..... Lunch- Beef Stew... Egg Salad</p> <p>12.....Chess Nuts</p> <p>1.....Rummy Q</p> <p>1.....Poker</p> <p>1.....Bing</p> <p>1.....foreign film, ""<b>Queen to Play</b>"</p>                                                                                                     | <p>11</p> |
| <p>14</p> <p>8:45-9:45..... Tai Chi</p> <p>9..... Pool Cues</p> <p>9-11..... Wii Drop-in</p> <p>9:00 ..... Beginner Spanish</p> <p>10..... Knitting Circle</p> <p>10..... Line Dance (pre-reg)</p> <p>11:30-12:30..... Quilting</p> <p>11:45 ..... Lunch - Turkey Marsala... Roast Beef/Cheese</p> <p>12:45..... Beyond Balance (pre-reg)</p> <p>1..... Monday Games</p>                                                                                                                | <p>15</p> <p>9-10..... Aerobics</p> <p>9:30 <b>SPECIAL Aerobics Exhibition!</b></p> <p>9-10..... Intermediate Spanish</p> <p>9:30-11..... Pool Lessons</p> <p>9:30-10:30-..... Bridge Lesson</p> <p>10:30-11:30 ..... Intermediate Spanish II</p> <p>10:30..... Muscle Conditioning</p> <p>11:45..... Lunch</p> <p>Chicken Lo Mein... Tuna Salad</p> <p>1..... Bingo</p> <p>1 2:30 <b>Vic King- piano</b></p> | <p>15</p> | <p>9.....<b>Ald. Vicki Danberg sees citizens</b></p> <p>9-10:30..... Chamber Music Ensemble</p> <p>9-12..... Health Clinic</p> <p>9-12:30..... Pool Cues</p> <p>9:30 -11:30..... Fine Art Studio</p> <p>10:45-11:45 .....Beyond Balance (pre-reg)</p> <p>11:45..... Lunch- Cheese Lasagna... Turkey/Swiss</p> <p><b>Vi King- piano</b></p>                                                                                                              | <p>16</p> | <p>10..... Current Events,</p> <p>10:30..... Mandarin Conversation Group</p> <p>11-11:45..... Tong Ren</p> <p>11:45-12:45..... Tai-Chi</p> <p>11:45 ..... Lunch - Beef Bergundy... California Chicken Salad</p> <p>1..... Yoga (chairs)</p> <p>1..... Thursday Games</p> <p>1:30..... French Salon</p> <p>2..... Yoga (mats)</p>                                                                                            | <p>17</p> | <p>9-12..... Health Clinic</p> <p>9-10..... Aerobics</p> <p>9-10:30 ..... Networking Group- 6 Degrees</p> <p>9-12:30..... Pool Cues</p> <p>10..... Beginner German</p> <p><b>10:30.....Book Club</b></p> <p>10:30..... Muscle Conditioning</p> <p>11:45..... Lunch- Breaded Fish... Ham &amp; Cheese</p> <p><b>Vic King- piano</b></p>                                                                                                                                                                 | <p>18</p> |

|                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                |                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <p>1-3:30 <b>video/discussion group</b></p> <p>1:30.....Swing Band</p> <p>2:30.....<b>Book Review</b></p> | <p>8:45-9:45.....Tai Chi</p> <p>9.....Pool Cues</p> <p>9-11.....Wii Drop-in</p> <p>9:30.....Beginner Spanish</p> <p>10.....Knitting Circle</p> <p><b>10:30..... Parkinson's Support Group</b></p> <p>11:30-12:30.....Quilting</p> <p>11:45.....Lunch -<br/>Meatloaf... Tuna Salad</p> <p>1.....Monday Games</p> <p><b>12:30.....I-Pad Workshop</b></p> <p>1.....New'sTalk</p> <p>2.....Yoga (chairs)</p> | <p>9-10.....Aerobics</p> <p>9-10.....Intermediate Spanish</p> <p>9:30-11.....Pool Lessons</p> <p>9:30-10:30-.....Bridge Lesson</p> <p>10:30-11:30.....Intermediate Spanish II</p> <p>10:30.....Muscle Conditioning</p> <p>11:45.....Lunch<br/>Fiesta Baked Fish... Chicken Salad</p> <p>1.....Bingo</p> <p><b>1-3:30 Video/discussion group</b></p> <p>1:30.....Swing Band</p> | <p>9-10:30Chamber Music Ensemble</p> <p>9-12.....Health Clinic</p> <p>9-12:30.....Pool Cues</p> <p>9:30.....Fine Art Studio<br/><b>(Painting w/ Tim)</b></p> <p>10:45-11:45.....Beyond Balance (pre-reg)</p> <p>11:45.....Lunch -<br/>Creamy Chicken... Ham &amp; Swiss</p> <p><i><b>Vi King- piano</b></i></p> <p>1.....Movie- <b>"Hell on Heels"</b></p> <p>1.....Duplicate Bridge;</p> <p>2:30-3:30 ... Matter of Balance (pre-reg)</p> | <p>1.....Duplicate Bridge</p> <p>2:30-3:30 ... Matter of Balance (pre-reg)</p> | <p>10.....Current Events,</p> <p>10.....Dialogue w/ Director</p> <p>10:30..... Mandarin Conversation Group</p> <p>11-11:45.....Tong Ren</p> <p>11:45-12:45.....Tai-Chi</p> <p>11:45.....Lunch -<br/>Hot Dog... Turkey &amp; Cheese</p> <p>12:30.....Ceramics (pre-reg)</p> <p>1.....Yoga (chairs)</p> <p>1.....Thursday Games</p> <p>1:30.....French Salon</p> <p>2.....Yoga (mats)</p> | <p>9-12-.....Health Clinic</p> <p>9-10.....Aerobics</p> <p>9-10:30 ... Networking Group- 6 Degrees</p> <p>9-12:30.....Pool Cues</p> <p>10.....Beginner German</p> <p>10:30.....Muscle Conditioning</p> <p>11:45- Lunch-<br/>Macaroni &amp; Cheese... Egg Salad</p> <p>12-.....Chess Nuts!</p> <p>1.....Rummy Q</p> <p>1.....Poker</p> <p>1.....Bingo</p> <p>1.....foreign film <b>"Happy, Happy"</b></p> |
| <p><b>Center Closed for Memorial Day Holiday</b></p>                                                      |                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                |                                                                                                                                                                                                                                                                                                                                                                                         | <p><b>Computer lessons and SHINE Appointments are individually scheduled and do not appear on the calendar.</b></p>                                                                                                                                                                                                                                                                                      |

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# For Your Information

## City of Newton Department of Parks & Recreation

**"Over 55" ... May 2012**

**www.newtonma.gov/parks** Click on **"OVER 55"** or  
call Nancy at 617-796-1506

**Healthy Choice Program** This program, co-sponsored with the City's Health Department, offers strategies for integrating healthy eating choices into your life. Space is limited.

**Scottish Country Dancing**- All levels welcome on Wednesday mornings at the Hut in Newton Centre.

Class begins at 10:30 A.M. \$2 donation

**Cards & Cribbage** Cards and cribbage on Mondays & Thursdays at the Scandinavian Home.

Cards begin at 10:00 A.M.

**Newton Senior Golf League & Lessons** Newton Senior Golf League on Tuesday mornings at the Commonwealth Golf Course. Play begins at 9:30 A.M.; \$23.00 includes green fees /carts. Sign up for lessons with the golf pro; four one hour lessons for \$90.00

**"Over 55" Tennis Program** Tuesday and Thursday mornings at 8:30 A.M at the Warren Courts on Washington Street. Some experience required. \

**Bocce League** Monday afternoons at Cabot field from 2-4 p.m. No experience necessary.

**Marshfield & Plymouth; May 23<sup>rd</sup>** TheFairview Inn is a quaint Victorian originally built in 1874. The restaurant offers a "from-scratch" American menu and ocean views. After lunch, explore the historic waters of nearby Plymouth Harbor aboard the Pilgrim Belle, an authentic Mississippi style paddle wheeler! This 75-minute cruise will highlight the story of the Pilgrims and maritime lore. Cost of Trip \$61.00

## **Contemporary Drawing Exhibition NEW ART CENTER**

61 Washington Park, Newtonville

April 9-May 20

Monday-Friday, 9am-5pm

Saturdays, 1-5pm

617-964-3424 [marie@newartcenter.org](mailto:marie@newartcenter.org)

**Watch for future collaborative programming with the Newton Senior Center**

***The Newton Senior Center  
will be closed on  
Monday, May 28-  
for the Memorial Day Holiday***



## **Homebound Library Services**

**NEWTON FREE LIBRARY**

**www.newtonfreelibrary.net** (617) 796-1380

## **Financial Literacy Series**

Newton Free Library

Wednesday, May 16, 2012, 7:00 – 8:30 p.m.

*Avoiding Investment Fraud* will be presented by Joshua S. Grinspoon, Attorney, U.S. Securities and Exchange Commission, who will introduce basic investing information as well as tips on protecting yourself against investment fraud. This program is made possible by a grant from FINRA Investor Education Foundation through Smart investing @ your library® in partnership with the American Library Association.

## **Newton Upper Falls Seniors**

**Emerson Community Center**

**Pettee Street, Newton Upper Falls**

**For further information call 617-332-5574**

## **MAY 2012**

**May 2..... Bingo**

**May 9... To Be Announced**

**May 16..... Bingo**

**May 23.....**

**Jackie Aronson & Daughter Sing**

**May 30..... Mark Tavenner, music**

**Refreshments served.... All Welcome!**



## **Bring Pliers and a Screwdriver!**

Join the "Two Als" at the ***Small Appliance & Repair Group***, Wednesdays, 1-3:00pm at the Scandinavian Living Center (206 Waltham St.). Bring old appliances back to life and share coffee and conversation. For information about this opportunity: 617-332-5592

## **durable medical equipment**

***Wheelchairs, walkers, commodes and more...***

**NEED some , GOT some?**

**Pick-up or donate.**

**Please contact Alice Bailey.... 617-796-1664**

**..... [abailey@newtonma.gov](mailto:abailey@newtonma.gov)**

***Please call in advance to donate or pick-up .***

# From the Desk of the Social Worker

Kathy Laufer, LICSW  
[Klaufer@newtonma.gov](mailto:Klaufer@newtonma.gov)  
 617-796-1663

## The Good, the Bad & the Ugly

This title of the 1966 Clint Eastwood film reminds me of the many variations we experience in family life. Though I certainly don't mean to imply that bounty hunters, gunmen and outlaws are the family norm, I find the terms "good", "bad" and "ugly" among the many emotional reactions to our families and family dynamics. We may all share the fantasy that family life should be peaceful, loving and cheery; in reality families experience a wide range of responses in the real world. Our next film/discussion group will explore a variety of cinematic depictions of family life. *Please join me for this series which begins on Tuesday May 8<sup>th</sup> and will run for 8 weeks. The sessions will run from 1 – 3:30 p.m.*

.....  
**Elders are in the news** due to their vitality, longevity, resilience and fortitude. There are many centenarians who continue to thrive and inspire. MSNBC lists these articles in their top news:

- *At 100 years old, an Ohio doctor is still in practice.*
- *91-year-old yoga teacher: 'Why should I quit?'*
- *Census finds reaching age 90 more likely than ever.*

Studies show that genetics and lifestyle choices are the major factors which determine longevity. "Twin studies have estimated that approximately 20-30% of an individual's lifespan is related to genetics, the rest is due to individual behaviors and environmental factors which can be modified." (Hjelmborg, J.; et al., "Genetic influence on human lifespan and longevity", *Human Genetics* 2006) So 70-80% is due to the choices we make and how we live. There are many things which we can't change or control but at a recent seminar on our immune system,

Dr. Steven Keller of New Jersey Medical School focused on improving our immune system by minimizing stress and treating depression. He also suggested getting a good night's sleep and low to moderate levels of exercise. I recognize that this may sound simple but often poses a challenge. The news tells us that attitude, diet, and exercise, as well as genes, contributes to the length and **quality** of our lives. We know that we can change 3 of the 4 so why don't we? We all know that old habits die hard – getting off the couch or eliminating sugar and fat is not so easy. What we are learning is that even *small changes* can be beneficial:

(continued in next column)

- walk from the end of the parking lot to the store and avoid the hassle of jockeying for that closer parking space
- substitute one meat meal a week with another source of protein (fish, beans or soy)
- drink water instead of juice or soda
- when getting dressed try stretching – reach for your toes, then the ceiling as many times as you can
- pick one pleasurable activity each day
- don't forget to laugh

Now that you've decided to improve the quality (and perhaps longevity) of your life, you can turn to thoughts about what to do – now that you are feeling better. Perhaps working until age 100 is not for you. There are so many other ways to find purpose in our lives. For some, there are vocational goals; others have recreation or travel plans; many look forward to a family gathering or reunion with friends. Whether listening to a symphony or jazz on the radio; reading; watching that new sit-com show; or going for a walk – each activity can count. Whatever your choice, find something that brings you joy as often as possible. And don't forget to consider all the choices right here at the senior center.

## Meet our Social Services Staff

**Kathy Laufer**, LICSW Clinical Social Worker,  
 617-796-1663

**Meghan Kennedy**, LICSW, Outreach Worker,  
 617-796-1672

The Social Service staff, at the Newton Senior Center, is committed to enhancing the quality of life for all Newton seniors. We offer comprehensive social work assessments, outreach services, information and referral, and counseling services.

After you turn 60, you may be eligible for benefits, programs and services. Call to make an appointment and find out what is available to you.

*The Newton Senior Center  
 regrets the passing of dear friends*



*Barbara Kot,  
 Richard McCann &  
 Allison Umbson*

The Senior Citizens Fund of Newton  
PO Box # 600488  
Newtonville, MA 02460

**Non-Profit Org**  
**U.S. Postage Paid**  
**Boston, MA.**  
**Permit # 52475**

**The City of Newton Department of Senior Services**  
**Check out our website at [www.newtonseniors.org](http://www.newtonseniors.org)**

**SENIOR CENTER MEALS**

***Lunch Monday-Friday***, 11:45. To reserve call 617-796-1660 by 11:00a.m. the previous day. A voluntary donation of \$1.75 is suggested per meal. *Springwell makes these lunches possible.*

**Boston College Elder Legal Services**

Call The Newton Senior Center at 617-796-1660, to make an appointment for legal consultation with a law student, supervised by a law professor, from Boston College Elder Legal Services. Appointments scheduled on the first Friday of each month at the senior center October-May. For appointments at other times please call the Waltham office of Boston College Elder Legal Services for an appointment at their location, 781-893-4793

***Curious*** about the Newton Senior Center? Set an appointment for a tour and orientation.

**Learn about our programs and services.**

***call Joanne at 617-796-1670***

**The Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program (CDBG). The publication of *Coming of Age* is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.**

**NEWTON SENIOR CENTER MISSION STATEMENT:** The Newton Senior Center is a place for older adults to gather in an atmosphere that produces and utilizes life experiences and skills. The center's goal is to provide an environment that validates the changing needs and interests of the individuals and enhance growth, dignity and connection with each other and the greater community. Through creative programming, the Newton Senior Center provides participants opportunities and resources in the areas of physical and mental health, nutrition, recreation and education.

***Disclaimer-*** We thank the advertisers featured in this newsletter for their support. They make the printing of the *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein. We *do* encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider some of our supporters when doing so.